

Know the Signs of Heart Attack

- ♥ Chest pain or discomfort*
- ♥ Pain or discomfort in the jaw, neck or back*
- ♥ Feeling weak, lightheaded or faint
- ♥ Pain or discomfort in the arms or shoulders*
- ♥ Shortness of breath

*Women often report symptoms of discomfort, rather than pain.

At the first sign of heart attack, call 9-1-1 immediately.
Don't miss a beat!

In a **Heartbeat**
A project of the

Maine Quality Forum

www.mainequalityforum.gov/inaheartbeat.html